

## Taco Meat/Bean mixture for Taco Salad<sup>35</sup>

Number of Servings: 35 (158.27 g per serving)

Amount	Measure	Ingredient
5 1/2	lb	Beef, ground, hamburger, pan browned, 10% fat
3.00	cup	Beans, kidney, red, cnd, drained
17 1/2	oz	Cheese, cheddar, low fat, shredded
3 3/4	cup	Salsa, thick 'n chunky, medium
3 1/2	cup	Juice, tomato, low sodium, cnd

### Nutrients per serving

Nutrition Facts			
Serving Size (158g)			
Servings Per Container			
Amount Per Serving			
Calories 230		Calories from Fat 90	
		% Daily Value*	
Total Fat 10g			15%
Saturated Fat 4g			20%
Trans Fat 0.5g			
Cholesterol 65mg			22%
Sodium 370mg			15%
Total Carbohydrate 8g			3%
Dietary Fiber 3g			12%
Sugars 2g			
Protein 26g			
Vitamin A 2%		Vitamin C 10%	
Calcium 8%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Notes

- \* 10 2/3 # AP 90% ground beef = ~ 8# browned ground beef EP
- \* Drain and rinse kidney beans before using in recipe.

Brown meat and drain. Add drained, rinsed kidney beans, cheddar cheese and salsa. Bring to a simmer, stirring constantly.

Serve 1/2+c or 1/2 c + 1 T hot over 2 cups lettuce/serving along with 1 oz tortilla chips.